Jamie Parell

Web- Quest

The following sites are provided to help you gain a better understanding of self-awareness. Please read through them and answer the questions below. The table on the next page is a guide of how you will be graded.

1. <http://en.wikipedia.org/wiki/Self-awareness>
   1. What is self-awareness?
   2. When did self-awareness first emerge and list 3 facts about its first emergence?
   3. Are humans the only species that can be self aware? If not, list others & be specific?
2. <http://www.selfcreation.com/awareness/index.htm>
   1. How are creation and awareness linked together?
   2. What can you do to become more self-aware? Give examples.
   3. What are the 8 layers to self-awareness questions?
3. <http://www.pathwaytohappiness.com/>
   1. Self-awareness is largely a function of \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. How can you overcome insecurity?
   3. What are some exercises you can do to better develop self-awareness?
4. <http://www.medicalnewstoday.com/articles/114041.php>
   1. What is self-awareness good for according to this website?
   2. Why do they say it is good for this?
   3. What is the overall conclusion for this theory?
5. <http://www.inc.com/resources/leadership/articles/20071001/musselwhite.html>
   1. Why is self-awareness good for leadership?
   2. What are some benefits?
   3. How may you get feedback? Give examples.
6. <http://wilderdom.com/games/PsychologicalExercises.html>
   1. List a self-awareness activity. Tell us why you chose it and what you have to do.
   2. List a 2nd activity. Why you chose it and what do you have to do?
   3. Create your own activity.

RUBRIC for Grading

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| --- | --- | --- | --- | --- |
| Content | Poor | Fair | Good | Excellent |
| The student will be able to answer 18 questions to all 6 websites | The student answered <10 questions for all of the websites. | The student only answered 10-12 questions for all websites | The student only answered 13-15 questions for all websites | The student answered 16-18 of the questions for the website. |
| The student stayed on task and worked efficiently the whole time. | The student was not on task at all during the assignment. | The student was on task only 70% of the time for the assignment. | The student was on task only 80% of the time for the assignment. | The student was on task for at least 90% of the time for the assignment. |
| The student was willing to help others if needed to finish assignment. | The student was not willing to help others at all to finish the assignment. | The student was willing to help sometimes if needed. | The student was willing to help others often. | The student was always willing to help others. |

This activity integrates technology into the classroom by having students browse various websites via computer to gain more knowledge on the topic of self-awareness. They will also need to comprehend what they have browsed in order to answer the questions, however they can refer back to the websites for assistance.

Introduction to technology is useful in this text because students will need to be able to understand computer basics. In order to view websites, they will need to easily navigate through the world-wide-web even though the sites are hyperlinked for them.